



Looking for the sweetest, juiciest **peach**? Look no further than local Idaho orchards! **Peaches** raised for the local market are picked ripe, sweet, and full of sugar. Due to their perishable and fragile nature, **peaches** are usually picked green and hard to allow for shipping. They travel better, but they're not juicy or sweet. Local **peaches** are often "tree ripened" leading to more flavorful fruit.

Tree-ripened **peaches** at local markets, fruit stands, and grocers can be purchased through October. Look for **peaches** that are well rounded with yellow colored skin under a red blush. Ripe **peaches** give easily to pressure and bruise easily—so handle with care!

Idaho grows more than 7,000 tons of **peaches** annually. The United States produces one-fourth of the world's crop with more than 30 states growing **peaches**.

Quick Peach Facts:

- The **peach** belongs to the rose family.
- China is the original home of the **peach** tree.
- **Peaches** are full of antioxidants, such as beta-carotene and vitamins A, C and E that help protect your body's cells.
 - Freestone and Clingstone are the two categories of **peaches**. Freestone have become the **peach** of choice by consumers. because the fruit separates easily from the pit.





The **Nectarine** first appeared in China, and in a genetic variant of the peach and is not, as some believe, a cross between a peach and a plum. One Chinese emperor was so taken by the **nectarine** that he and his people referred to them as the nectar of the gods. Although the **nectarine** is a Chinese native it came to America not from China but from Europe, and made it out west about 130 years ago.

A **nectarine** although very sweet and tasty is good for you. An average size **nectarine** has about 70 calories, 1 gram from fat, 0 sodium, 16 grams of carbohydrates, 3 grams of dietary fiber, and 1 gram of protein. An average size **nectarine** also provides 20% of you daily needs for vitamin A and 10% of your needs for vitamin C.

A **nectarine**, like peaches, pears, plums, and apricots, are considered to be a stone fruit. A stone fruit is any fruit that has a hard pit or seed in the center. The pulp around the pits is often the sweetest in the whole fruit, but be careful swallowing a pit would not be a pleasant experience.

Interesting facts about the **nectarine** are:

- Never plant a **nectarine** or a peach tree next to an almond tree. The **nectarine** is the brother of the almond and the two plants are easily crossed resulting in bitter nuts.
- Most **nectarine** and peach pits have little holes in them and a ribbed structure.



5 A DAY AND PEACHES

KIDS ACTIVITY SHEET

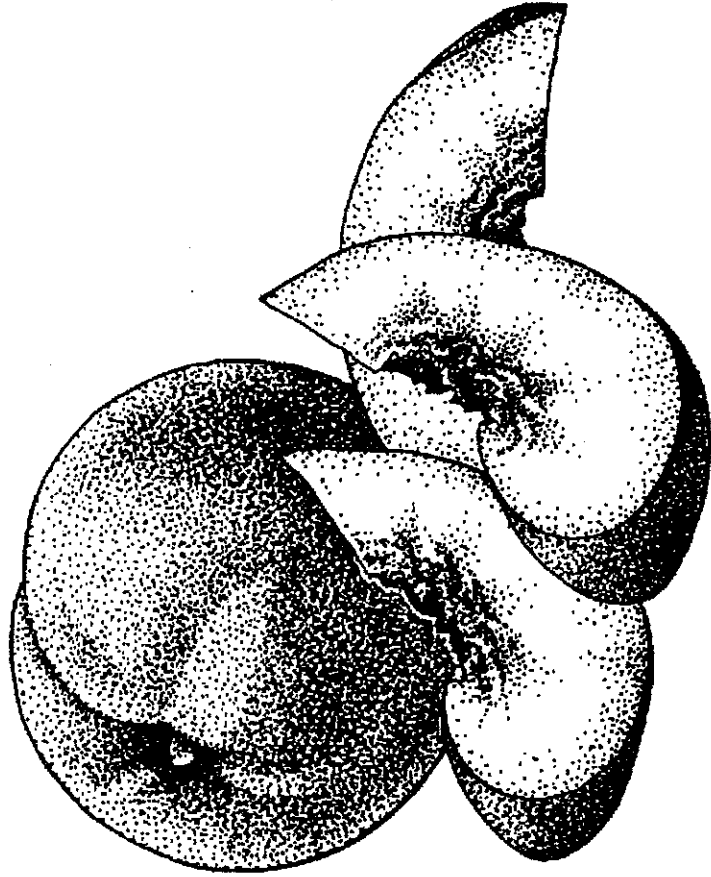
Try this fun & easy recipe

PEACH FLURRY

4 cups lowfat milk
6 cups peaches, sliced

Freeze milk in ice-cube trays. Place frozen milk and peaches in the blender and blend on high until thoroughly mixed. Makes 8 delicious 1-cup servings.

This is an official 5 A Day recipe.



Produce for Better Health[®]
Foundation

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WHAT IS A SERVING?

A 5 A DAY SERVING SIZE IS SMALLER THAN YOU THINK.

1 medium-size fruit = 3/4 cup (6 oz.) of 100 percent fruit or vegetable juice = 1/4 cup of dried fruit
1/2 cup of cooked or canned vegetables or fruit = 1 cup of raw leafy vegetables
1/2 cup of cooked dry peas or beans = 1/4 cup of dried fruit

5 A DAY CROSSWORD PUZZLE

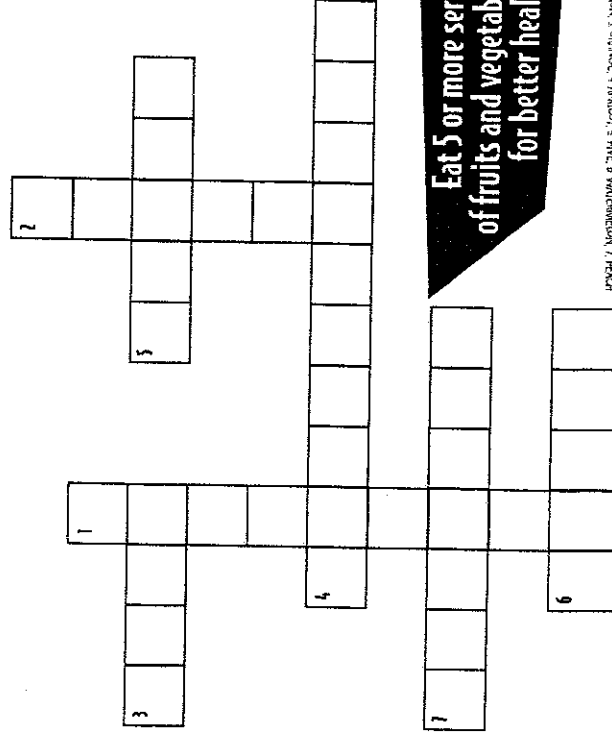
Read the clues and write the answers in the appropriate boxes.

Down:

1. This tree fruit rhymes with submarine.
2. This citrus fruit has the same name as its color.

Across:

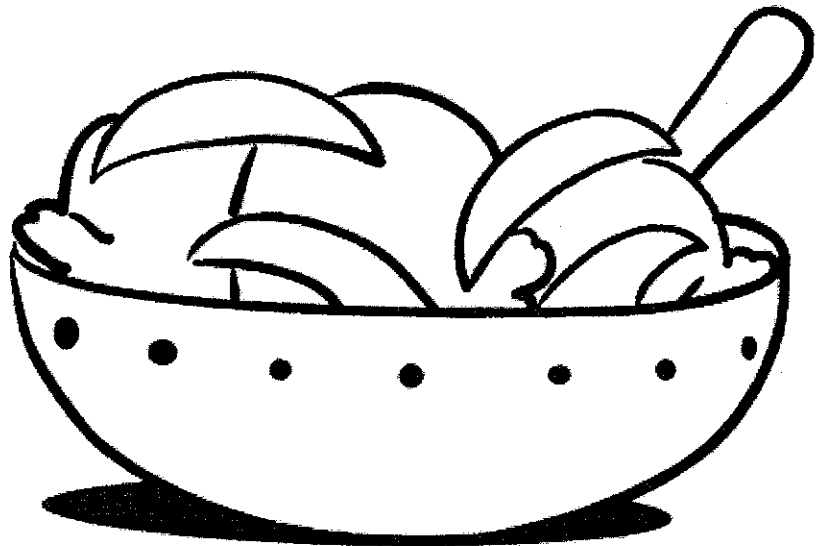
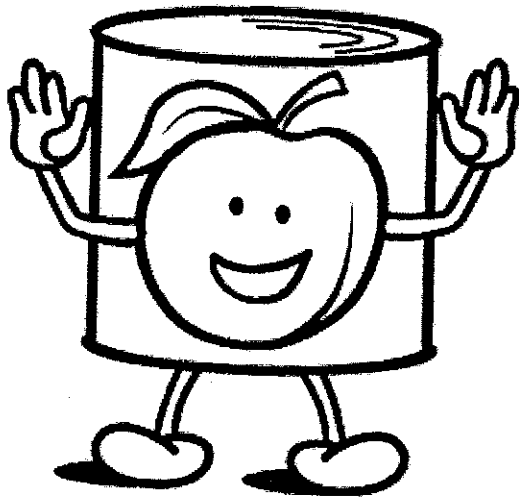
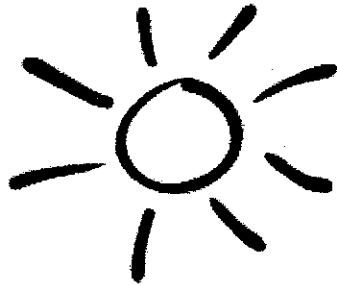
3. This is the number of fruits and vegetable servings you should eat a day.
4. This fruit is green on the outside and pink inside with lots of seeds.
5. This tree fruit is fuzzy.
6. This citrus fruit is good for making lemonade.
7. This little tree fruit is good when dried.



**Eat 5 or more servings
of fruits and vegetables a day
for better health**

ANSWERS: 1. MANGO, 2. LEMON, 3. FIVE, 4. PINEAPPLE, 5. PEACH, 6. LEMONADE, 7. RAISIN

**FOR MORE FUN FOR KIDS,
GO TO WWW.5ADAY.COM**

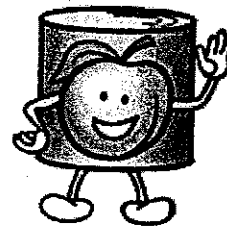
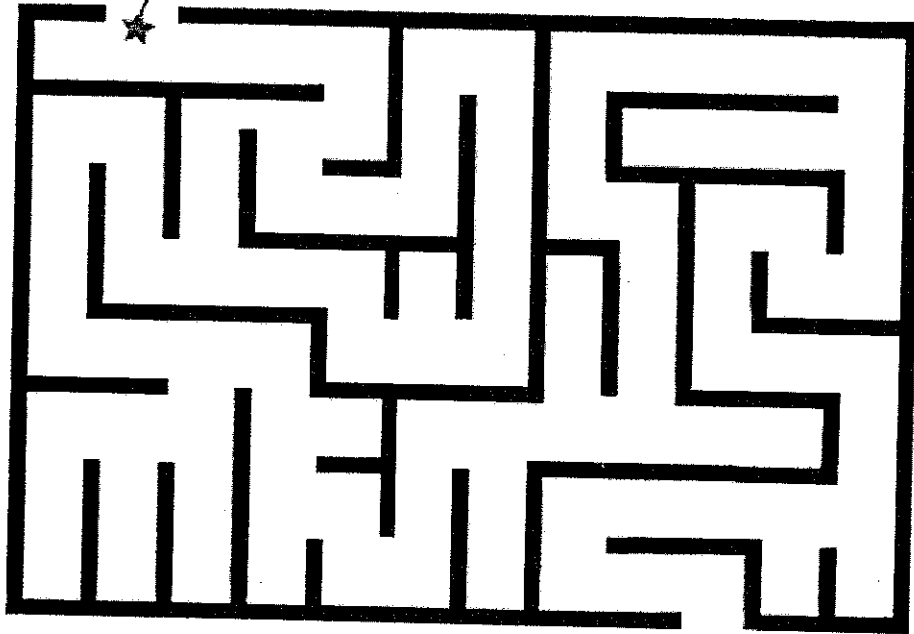


**i SCREAM
FOR PEACHES**

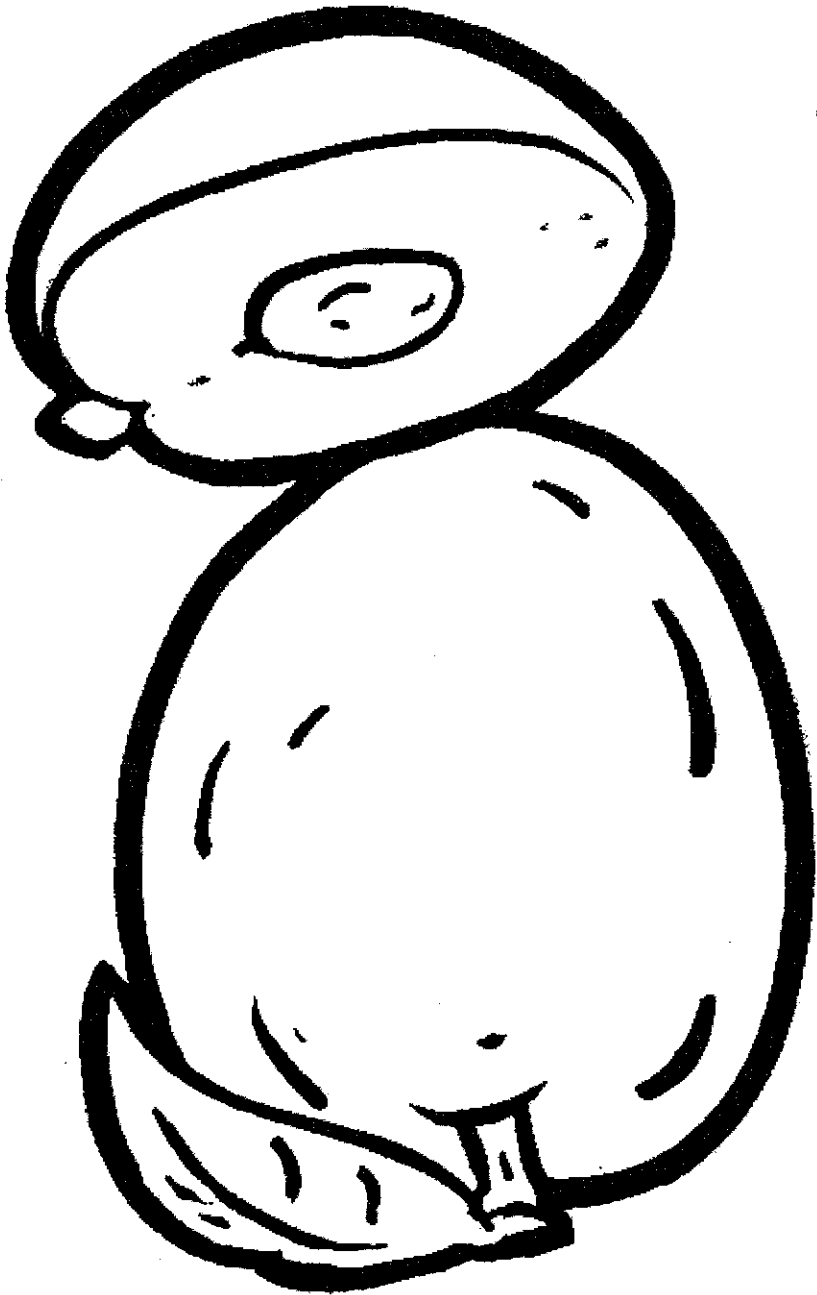
THE MAZE

Print out this challenging maze and help this sweet Cling Peach find his way from the orchard into a ready-to-enjoy can

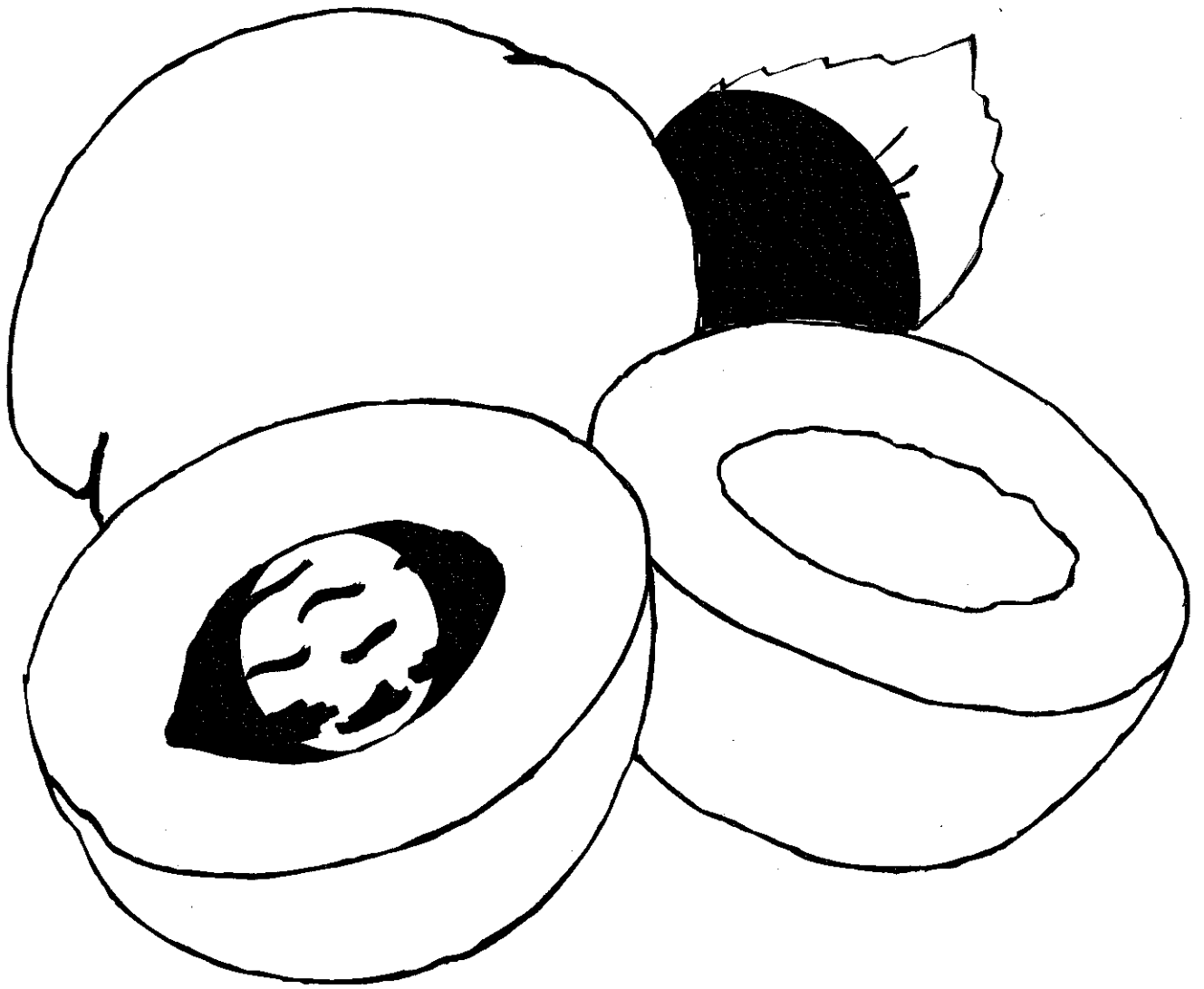
Start
Here



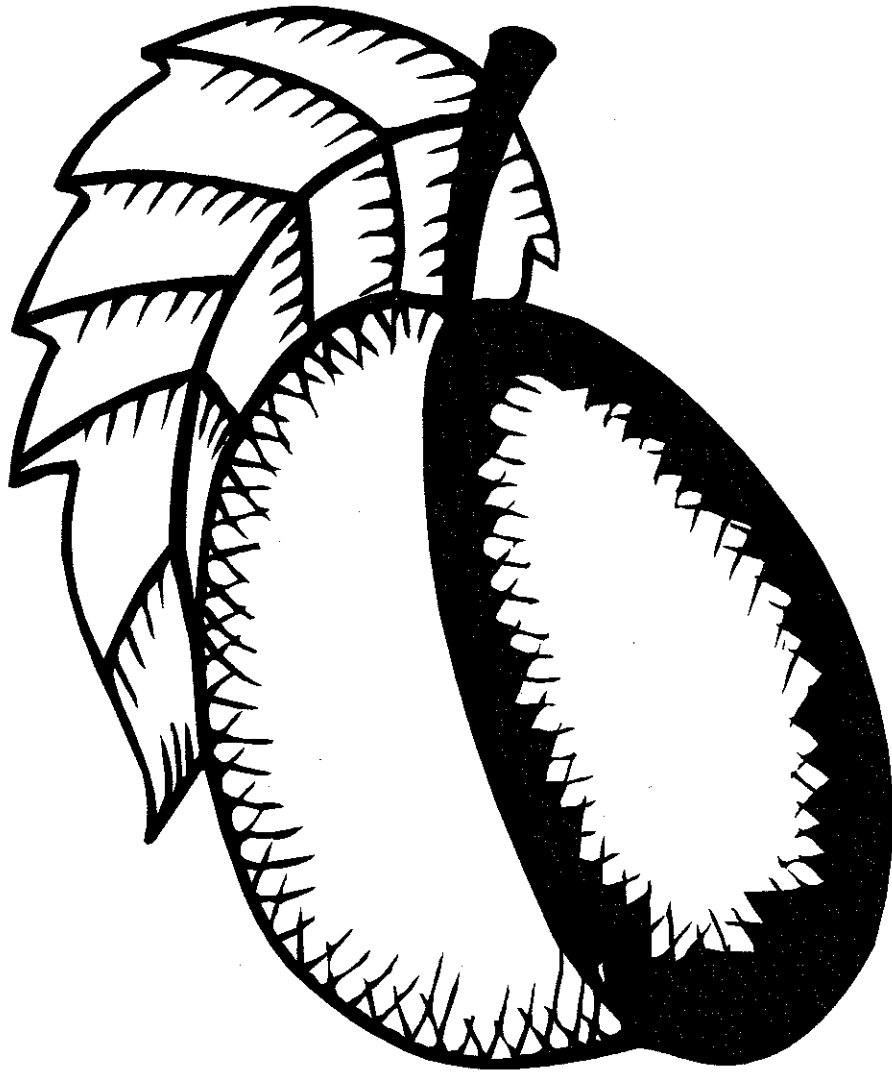
apricot



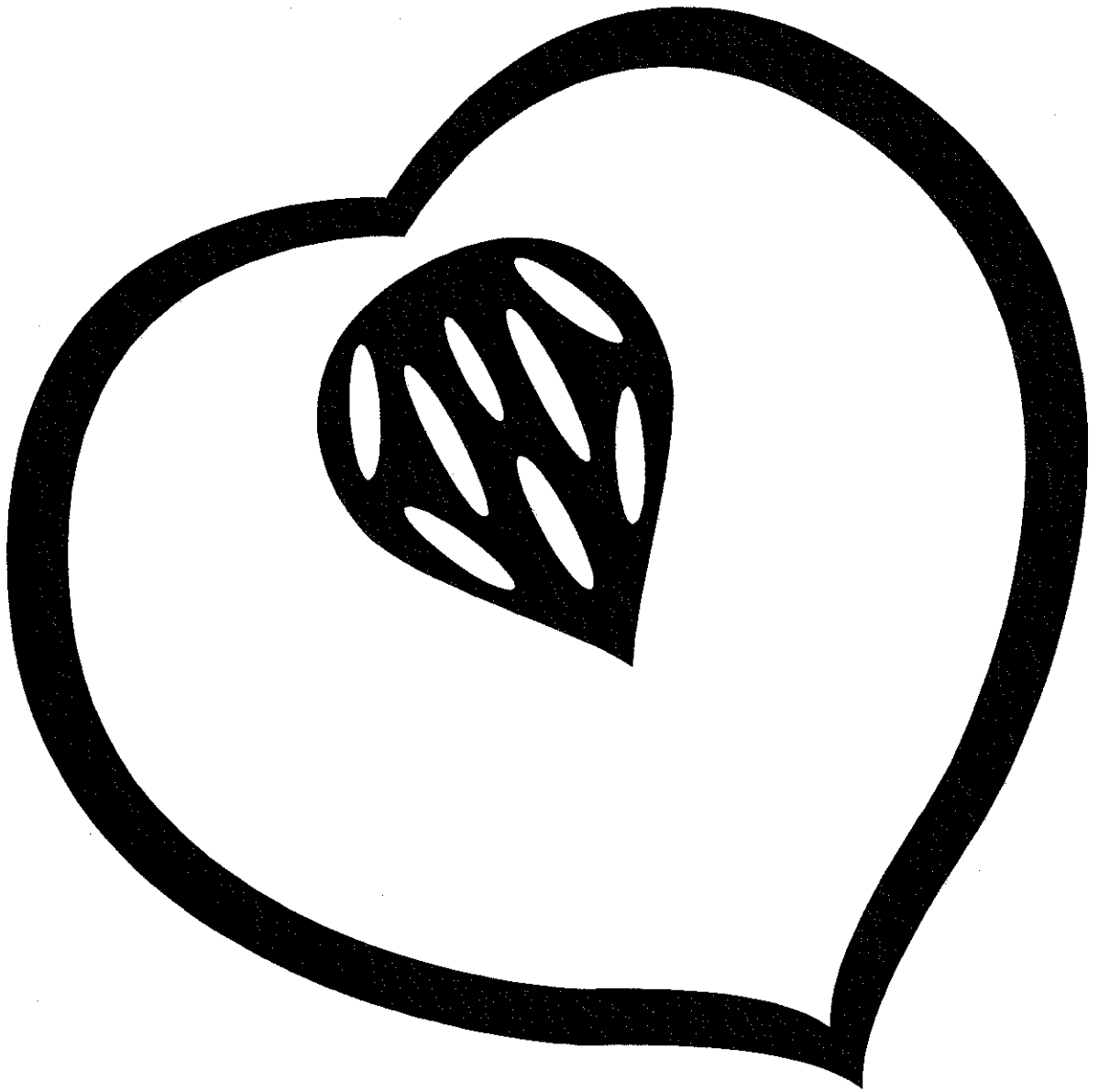
Graphics by Mary Connors 2001



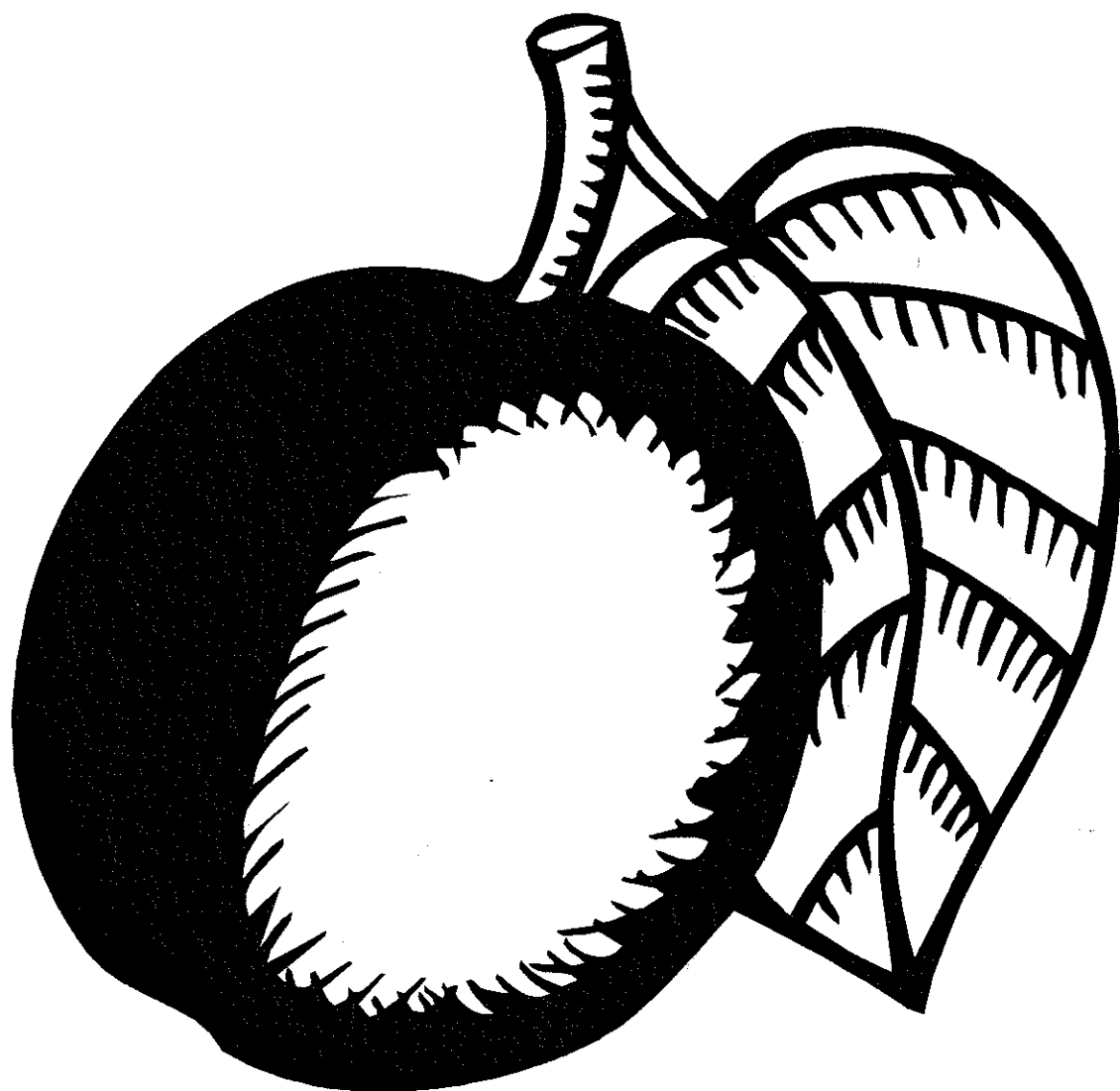
Apricot!



Apricot!



Nectarine!



Nectarine